

# LEMAY CHILD AND FAMILY CENTER FAMILY NEWSLETTER SEPTEMBER 2011

Proud member of



United Way  
of Greater St. Louis

## New School Year Kicks off With Art Show and Parent Meeting

### UPCOMING EVENTS

Saturday, Sept. 17  
Parent Café  
9:30 to 11:30 a.m.

Monday, Sept. 19  
Art Show & Parent  
Meeting 6:00 - 7:30 p.m.

Saturday, Sept. 24  
Family Picnic  
Suson Park  
11:00 a.m. - 1:00 p.m.

Saturday, Oct. 8  
Fall Work Day

Friday, Oct. 14  
Movie on the Lot

Oct. 17-21  
Parent/Teacher  
Conferences  
5 - 7 p.m. Mon. - Thurs.  
5 - 6 p.m. Fri.

Oct. 25-27  
Parenting Class  
6:00 to 8:00 p.m.

Saturday, Oct. 29  
Halloween Party  
11:30 a.m. to 12:30

On Monday, September 19, you'll have a chance to visit with your child's teachers, and see some of the awesome artwork being created by children at Lemay Child & Family Center every day. At our art show, you'll see how teachers develop lesson plans that connect art to other areas of learning and development, including science, math, literacy, social-emotional, and physical development. This includes all children, from our youngest infants to our oldest school-age children.

The evening will begin with a Parent Meeting at 6 p.m. when you can ask your questions and share ideas with the administrative staff.

Then from 6:30 to 7:30, you are invited to visit the classrooms as well as special displays highlighting some of the other services and programs available at the Center. Examples include GED tutoring, parenting classes, family events, and therapy services for children. This will be a great opportunity to interact with other families and with the Center staff. Hope to see you there!

## FAMILY PICNIC AT SUSON PARK

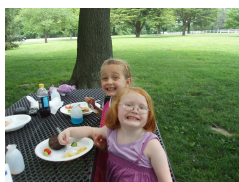
On September 24 from 11:00 a.m. to 1:00 p.m., we will once again hold our Family Picnic at Suson Park (off of Wells Road in South St. Louis County, across from the Kennedy Recreation Center and Quail Creek Golf Course). Our picnic will be located in the picnic area near the playground. Look for our banner when you get there!

In addition to a great chance to socialize with other families, you and your children can:

- *See the animals in the barn*
- *Enjoy playing on the playground*
- *Participate in a water balloon toss*
- *Have their face painted!*

The Center will provide hamburgers, and we are asking families to each bring a dish or drinks. There is a sign-up sheet in the front office. You are also welcome to bring games or activities such as Frisbee, washers or wiffle ball to share!

Here are a few pictures from last year's picnic!



### Back by Popular Demand!

We are thrilled to offer St. Louis' own "Nanny 911," Mary Jo Corcoran, who will be here on Saturday, September 17 to lead a discussion of parenting challenges and solutions. We will provide breakfast starting at 9:00 a.m., and child care so you can come spend some time getting great parenting ideas from one of local experts. Mary Jo is featured regularly on Channel 4 news and she has been a popular speaker here at the Center in the past. She has also been featured in Real Simple and Rachel Ray magazine. Plan now to be here from 9:00 a.m. to 10:30 a.m. on the 17th! There will be a sign-up sheet on the front desk.

### Tina's Tidbits: Managing Your Stress

Had a stressful day? Are the everyday pressures building up and your child is getting on your last nerve? Try some of these simple tips to help you get a handle on your stress:

- Take a deep breath. And a second deep breath.
- Put yourself in time out. Are you really that angry with your child or has the stress of the day caught up with you?
- Turn on some music. Sing along or dance with your child.
- If someone can watch the child, let them play and you take a walk.
- Vacuum, dust, or sweep the kitchen floor. It will get the chores done and take your mind off your stressful day.
- Funnel your stress and frustration into some healthy physical activity—both you and your child will benefit.

### School Supplies Available

Debbie Zeller still has a variety of school supplies available—bookbags, pencils, folders, notebooks, etc. Please leave a note for Debbie at the front desk if your child needs additional supplies for school.

Also, all **Christmas Assistance Requests** must be in by September 15. We know it may be difficult to think about Christmas in September, but that is the requirement for consideration in the annual 100 Neediest Cases program. If you have any questions, please call Debbie Zeller.

As a reminder, Debbie works on Tuesday mornings and Wednesday afternoons, but we can connect you with her if you need assistance at other times.

## 2011 United Way Campaign Kicks Off

Lemay Child & Family Center is one of nearly 200 agencies in the St. Louis area supported by the United Way of Greater St. Louis. We have been part of the United Way since 1985, and this year we are receiving more than \$225,000 in funding to support our scholarship program which helps to keep our rates affordable.

The United Way Campaign is underway in our community, and we encourage you to support the campaign at your place of work. You can also support the United Way right here at the Center.



**Bake Sales** will be held on **September 8** and **October 13**. LCFC staff will bring in lots of goodies to be sold. There will also be a sign up sheet for parents who want to donate baked goods.

From **September 19** through **October 7** classrooms will compete in the **Change Wars**. The classroom that collects the most money will win an ice cream party!

We hope everyone will participate!

### Reminders:

**In order to keep children safe on the playground and during physical activities, please make sure your child wears appropriate shoes. Flip flops and sandals increase the risk of injury to children, including mobile infants and toddlers. Tennis shoes and socks will help to keep your child safe!**

**Also, start planning now to attend parent-teacher conferences in October. Your classroom teachers will post sign-up sheets later this month, so that you can reserve your time.**